

ABSTRACT OF THE INVENTION

Assay-guided affinity fractionation and reverse phase high pressure liquid chromatography (HPLC) methodology to isolate, test and characterize the most active water-soluble ingredients within Cat's Claw, or *Uncaria tomentos*. These components appear to account for the majority of the amyloid or A β fibrillogenesis inhibitory activity. Individual fractions and/or compounds as isolated by HPLC are tested in relevant *in vitro* and/or animal models, and found to consistently demonstrate inhibition of amyloid or A β fibrillogenesis. Related extraction methods are disclosed.